



## USAG Bavaria Sports & Fitness “One on one” Personal Fitness Trainer



### *Are you looking for ...*

- a personalized workout that will be challenging and time efficient, based on your fitness goals, and provide you with the results you are looking for?
- someone who can provide you with health and fitness information, motivate you, give you proper exercise instructions, and make your exercise program fun?

### *Look no further than* “One-on-One” Personal Training Package

Whether your goal is to lose fat, tone or build muscle, sculpt your physique, get stronger, improve stamina or improve your overall health. Your Certified Personal Trainers will create a dynamic exercise program based upon your personal goals and fitness level. Your Certified Personal Trainer combines high intensity workouts and with the motivation you need to reach your goals and maintain long-term results.

<u>Package</u>	<u>Number of Sessions</u>	<u>Soldier</u>	<u>Family Members/Civilians</u>
Starter Package	1 Session	\$40	\$45
Results Package	3 Sessions	\$110	\$120
Serious Results Package	6 Sessions	\$215	\$220
Ultimate Results Package	12 Sessions	\$415	\$425

\*\*prices listed above are per individual"

### “You and a Partner” Personal Training Package

Do you and a friend share similar fitness goals? By teaming up with a friend, you’ll save money and have a great workout partner! Partner fitness training is a one-on-two appointment with a Certified Personal Fitness Trainer that offers individuals an opportunity to workout with a co-worker, spouse, roommates, or any other partner. Your personal fitness trainer will assist in implementing an optimal fitness program tailored to meet your personal fitness goals and interests

<u>Package</u>	<u>Number of Sessions</u>	<u>Soldier</u>	<u>Family Members/Civilians</u>
Starter Package	1 Session	\$35	\$40
Results Package	3 Sessions	\$95	\$110
Serious Results Package	6 Sessions	\$180	\$215
Ultimate Results Package	12 Sessions	\$350	\$415

\*\*prices listed above are per individual"

#### **Fitness Assessment (\$40)**

Understanding your specific body composition, metabolism and fitness level allows us to customize a program that will get you the results you want. Your Personal Trainer performs a fitness assessment and calculates your unique resting metabolic rate to establish calorie composition and expenditure required to meet your goals.

The Comprehensive Fitness Assessment includes blood pressure screening, body composition assessment, flexibility test, cardiovascular endurance analysis, and muscular endurance and strength tests. Your Personal Trainer will also conduct an analysis of health history, exercise history and fitness goals.

***Appointments are available at Tower barracks and Rose Barracks Fitness Center (Monday - Sunday). For more information, call the TBPFC @ DSN: 475-9007, CIV: 09641-839007, or RBFC @ DSN: 476-2998, CIV: 09662-832214.***

## USAG Bavaria Sports & Fitness

“One on one”

### Personal Fitness Trainer Services



**Kateryna Fuetterer**  
Certified Personal Fitness Trainer

**Education:**

Master of Science in Physical Education, Sports and Sports  
Medicine Science Thesis focused on Prevention and Treatment for  
Spine Diseases

**Professional Experience:**

Fitness Trainer  
Physical Education Teacher at Secondary School  
Sports Trainer and PE Teacher at Dnepropetrovsk National  
University  
Physical Therapist/Instructor for Sports Medicine at Rehabilitation  
Center  
Conditioning coach for Free-style wrestlers

**Possess extensive knowledge and strong understanding of the functions and vital processes of the human body to effectively develop and design physical fitness training programs. Ability to motivate and lead others for improving their potential. Enthusiasm and experience to keep your workout fresh and interesting.**



**Daniela Church**  
AFAA Certified Personal Fitness Trainer

- Daniela's love for fitness started at a young age beginning with gymnastic classes and later participating in competitive running. In her early 20's she took up marathon running, biking, snowboarding and weight training.
- Able to teach weight loss and weight gain strategies, proper lifting technique, injury prevention, diet, exercise prescription and instruction. Able to measure the client's strengths and weaknesses as well as progression throughout fitness assessments.
- Keeping the clients focused on their end goal through positive motivation and encouragement, providing feedback and accountability helps ensure that they enjoy working out and will keep coming back.
- Able to change and adapt the approach to each new client. Everyone has different needs when it comes to fitness and it's critical to take the time to cater my services to suit each unique client's situation.

***The best project you could ever work on is you. Believe in yourself, have faith in your abilities, have confidence in your own powers and you will be successful and happy!***